C.15.a.

A Treatise made by Athanasius the Great, *concerning the vse and vertue of* the Psalmes.

GEO. III. REX

ALl holy Scripture is certainly the teacher of all vertue, and of the true faith: but the booke of the psalmes doth expresse after a certaine manner the very state and condition of the soule. For as he which intendeth to present himselfe to a King will first compound himselfe to set in good order both his gesture and his speech, lest els hee might be reputed rude and ignorant: euen so doth this godly booke informe all such as be desirous to lead their life in vertue, and to know the life of our Sauiour, which he led in his conuersation, putting them in mind in the reading thereof, of all their affections and passions whereto the soule is inclined.

Moreouer, the psalmes informe and teach euery man with diuers instructions, whereby he may not onely spy the affections and state of his soule, and to winne a good paterne and discipline how hee may please God, but also with what forme of words he may amend himselfe, and how to giue God thanks, least if he should speake otherwise then were conuenient, he should fall into impiety by his vnreuerent estimation of God: for wee must all make account to the Iudge, as well of our idle words as our ill deserts.

IF therefore thou wouldest at any time describe a blessed man who he is, and what thing maketh him to be so, thou hast the 1. 32. 41. 112. 128. Psalmes.

2 If thou wouldest rebuke the Iewes for their spight they haue to Christ, thou hast the 2. psalme.

3 If thine owne familiars pursue thee; and if any rise against thee, say the 3. 143. Psalmes.

4 If thus in trouble thou hast called on God, and hast tarried vpon his help, and wouldst giue him thanks for that he hath heard thee with his help sing the 4. 40. 116. psalmes.

5 If thou seest that euill men lay snares for thee, and therefore desirest Gods eares to heare thy prayer, sing the 5. psalme.

6 If thou feelest Gods dreadfull threats, and seest thy selfe afraid of them, thou mayst say the 6. 38. 88. psalmes.

7 If any take counsell against thee, as Achitophel did against Dauid, if thou be admonished thereof, sing the 7. psalme.

8 If thou in beholding the grace of our Sauior spred on euery side, specially for the restoring of mankind to saluation, wouldst speake thereof in meditation to God, sing the 8. psalme.

9 If so againe thou wilt sing in giuing thanks to God for the prosperous gathering of thy fruites, vse the 8. psalme.

10 If thou wouldest haue thine aduersaries kept, backe & thy soule saued, trust not in thy selfe, but in the Son of God, singing the 9. psalme.

11 If thou perceiuest God to bee wroth with his people, as though he regarded them nothing, thou hast to pacifie him, to complaine thereof, the 10, 60. 74. psalmes.

12 If any man would put thee in feare, haue thou thy hope in God, and sing the 11. psalme.

13 If thou beholdest the pride of many men, and seest malice to abound, so that there is no godlines among men, repaire then to God and say the 12. psalme.

14 If thine aduersarie lie long in wait against thee, dispaire not as though God had forgotten thee, but call vpon the Lord, and sing the 3. 6. 22. psalmes.

15 If thou heareſt any to blaspheme God in his prouidence, be not partaker with them in wickednes, but make hast to God, and say the 14. 55. psalmes.

16 If thou desirest to know who is a Cittizen of heauen, sing the 15. psalme.

17 If thou hast need of prayer for such as be against thee, and haue cloted thy soule on euery side, sing the 16. 17. 86. 141. psal.

18 If thou hast escaped from thine enemies, and art deliuered from them who pursued thee, sing thou the 18, 69. psalmes.

19 If thou dost wonder at the order of things created by God, considering the grace of the diuine prouidence, sing the 19. 24. psalmes.

20 If thou seest any man in aduersity, comfort him, and pray for him with the 20. psalme.

21 If thou perceiuest thy selfe to be defended & fed by God, and to liue prosperously, reioyce therein, and sing the 23. psalm.

22 If thine enemies conspire against thee, lift vp thy soule to God, and say the 23 psalme, and thou shalt espy them to labour but in vaine against thee.

23 If thine enemies cluster against thee & go about with their bloudy hands to destroy thee, go not thou about by mans helpe to reuenge it, for all mens iudgements are not trusty, but require God to be iudge, for he alone is iudge, & say the 26. 35. 43. psal.

24 If they presse more fiercely on thee, thogh they be in numbers like an armed host, feare them not which thus reiect thee, as though thou wert not anointed and elect by God; but sing the 27. psalme.

25 If they be yet ſo impudent that lay wait againſt thee, ſo that it is not lawfull for thee to haue any vocation by them, regard them not, but ſing to God the 48. pſalme.

26 If thou wilt exhort and prouoke Kings & princes to ſubmit their power to God, & regard his honor ſing the 29. 82, pſa.

27 If thou renew and builde thine houſe, both of thy ſoule, whereto thou receiueſt God to hoſt, and of thy temporall habitation, ſing the 30. 48. 127. pſalmes.

28 If thou ſeeſt thy ſelfe had in hate for the truths ſake of thy friends and kinsfolke, leaue not off thy purpoſe, nor feare them which be againſt thee, but thinke on them which follow, & ſing the 31. pſalme.

29 If thou beholdeſt ſuch as be baptiſed, & ſo deliuered from the corruption of their byrth, praiſe thou the bountiful grace of God, and ſing the 32 pſalme.

30 If thou delighteſt to ſing among many, cal together righteous men of godly life, and ſing the 33. pſalme.

31 If by chance thou falleſt amongſt thine enemies, and yet haſt fortunately eſcaped them, if therfore thou wilt giue thanks, call together meeke men, and ſing the 34. pſalme.

32 If thou ſeeſt wicked men contend among themſelues to do miſchiefe, thinke not that their Nature doth impell them by neceſſity to worke ſin againſt their will, as certaine heretikes ſuppoſe, but conſider the 36. pſalme, and thou ſhalt perceiue that they be to themſelues their owne occaſion of ſinning.

33 If thou ſeeſt how wicked men doe much wickednes, and that yet ſimple folke praiſe ſuch, when thou wilt admoniſh any man not to follow them, to be like vnto them, becauſe they ſhall bee ſhortly rooted out and deſtroyed; ſpeake to thy ſelfe and to other the 37. pſalme.

34 If thou haſt decreed to take heed of thy ſelfe, & ſeeſt thine enemy approch nigh thee, as againſt one whom the aduerſary is more prouoked to come with aſſault, and therefore wilt prepare thy ſelfe, ſing the 39. pſalme.

35 If thou ſeeſt many poore men to beg, & wilt ſhew pitty to them, thou mayſt both thy ſelfe receiue them to mercy, and alſo exhort other to do the ſame, ſaying the 41. pſalme.

36 If thou haſt a deſire to Godward, & heareſt thine enemies to vpbraid thee, be not troubled, but conſider what fruit of immortality riſeth to thee for this deſire, comfort thy Soule vvith hope to God, and ſo therein relieuing and aſſwaging the heauineſſe of thy life ſay the 42. pſalme.

37 If thou wilt remember Gods benefits which he did to the fathers both in their out-going from Egypt and in the deſart, & how good God was vnto them, but they vnthankfull to him, thou haſt the 44. 78. 89. 102. 106. 114. 117. pſalmes.

38 If thou hast made thy refuge to God, & hast escaped such trouble as was prepared against thee, if thou wilt giue thankes and shew out his kindnesse to thee, sing the 46. psalme.

39 If thou wilt know how to giue thanks to God when thou doest resort to him with sound vnderstanding, sing the 47. 48. psalmes.

40 If thou wilt exhort men to put their trust in the liuing God, who ministreth all things abundantly to good mens vse, and blame the madnesse of the world, which serueth their God Mammon so inordinately, sing the 49. psalme.

41 If thou wouldst call vpō the blind world for their wrong confidence of their bruit sacrifices, & shew them what sacrifice God most hath required of them, sing the 50. psalme.

42 If thou hast sinned, and art conuerted, and moued to doe penance, desirous to haue mercy, thou hast the words of confession in the 51. psalme.

43 If thou hast suffered false accusation before the King, and seest the deuill to triumph thereat, go aside & say the 52. psalm.

44 If they which persecute thee with accusations would betray thee, as the Pharisies did Iesus, and as the Aliants did Dauid, discomfort not thy selfe therewith, bue sing in good hope to God the 54. 57. 69 psalmes.

45 If thine aduersaries which trouble thee do vpbraid thee, and that they which seeme to be thy friends speak most against thee, whereupon if in thy meditation thou art somewhat griued thereat, thou mayst call on God, saying the 55. psalme.

46 If persecution come fierce on thee, & vnawares chance to enter into the caue wher thou hidest thy selfe, feare not: for in this strait thou hast expedient words both to comfort thee, & to put thee in remebrance of his old mercy, with the 57. 142. psal.

47 If thou wilt confound hypocrites which make glorious shewes outwardly, speake their conuersion with the 58. psalme.

48 If thy pursuers command thy house to be watched; when thou art escaped, giue thanks to God, & graue it in the tables of thine hart for a perpetuall remembance, and say the 59. psalme.

49 If thine enemies cruelly assault thee, and would catch thy life, offer thy subiection to God against them, and be of good comfort: for the more they rage, the more shall GOD subdue them: and say the 62. psalme.

50 If thou flyest persecution, and getteſt thee into the wildernes, fear thou not, as though thou wert there alone, but hauing God nigh vnto thee, rise to him early in the morning, singing the 63. psalme.

51 If thine enemies would put thee in feare, and neuer cease to lay traines for thee, and pick all maner quarrels against thee, though they be very many, giue no place to them: for the darts

of

of babes shall be their destruction, if thou sayst the 61. 68. 70. 71. psalmes.

52 If thou wilt laud God with a psalm or hymne, sing the 65 66. psalmes.

53 If thou hast need to confesse God, sing the 67. Psalme.

54 If thou wouldst sing to the Lord, thou hast what to say in the 96. 98. psalmes.

55 If thou hast need to confesse God with thankes, sing the 71. 75. 92. 108, 111, 118. 135. 138. 139. psalmes.

56 If thou seest wicked men prosper in peace, be not offended thereat, but say the 73. psalme.

57 If thine enemies haue beset the wayes whither thou flyest and art thereby in great anguish, yet in this trouble despaire not, but pray, and if thy praier be heard, giue God thankes, and say the 77. psalme.

58 If they preseuer still, and defile the house of God, kill the elect, and cast their bodies to the foules of the ayre, feare not their cruelty, but shew pitty to them which be in such agonie, and say the 29. psalme.

59 If thou wilt informe any man with the mistery of the resurrection, sing the 8. psalme.

60 If thou wilt sing to the Lord, call together Gods seruants on the festinall day, and sing the 81. 95. 34. psalmes.

61 If thine aduersaries flock together on euery side, & threaten to destroy the house of God, and make their conspiracies against the Religion, let not their number and power trouble thee for thou hast an anker of the words of the 83. psalme.

62 If thou casteſt an eye to Gods house and to his eternal tabernacles, and hast a desire thereto, as the Apostle had, say thou also the 84. psalme.

63 If Gods wrath be ceased, and the captiuity ended, thou hast cause how to giue thanks to God with Dauid, recounting his goodnesse to thee and others, with the 96. 85. 116 psalmes.

64 If thou wilt rebuke Paynims and hereticks, for that they haue not the knowledge of God in them, thou mayest haue an vnderstanding to sing to God the 86. 115. psalmes.

65 If thou wilt see and know the dissent that the Catholike Church hath from schisme, and wouldest conuert them; or to discerne the Church concerning the outwarde appearance and sonnes thereof, thou mayst say the 87. psalme.

66 If thou wouldst know how Moses prayed to God, and in his meditation, recounting the brittle state of mans life, desired God to direct so his short life that he might follow wisedome, read the 90. psalme.

67 If thou wouldst comfort thy selfe and others in true Religion, and teach them, that hope in God, will neuer suffer a fool

to be confounded, but make it bold and without feare of Gods protection, sing the 9. psalme.

68 If thou wilt sing on the Sabbath day, thou hast the 92 psal.

69 If thou wilt sing on the Sunday in Meditation of Gods word, desiring to be instructed therein, whereby thou mayst rest in Gods holy will, and cease from all the works and doctrines of vaine men, reuolue that notable psalme, 119.

70 If thou wilt sing in the second day of the Sabbath, thou hast the 95. psalme.

71 If thou wouldst sing to the Lord, thou hast what to say in the 65. 98. psalmes.

72 If thou wilt sing the fourth day of the Sabbath, sing the psalm 94. for then when the Lord was betraied he began to take vengeance on death, and to triumph of it: therefore when thou readest the Gospell, wherin thou heares the Iewes to take counsell against the Lord, and that he standeth bodily against the diuill, then sing the foresaid psalme.

73 If thou wilt sing on Good-friday, thou hast a commendation of the psalme 63 for then was the house of Gods church builded and groundly founded, though the enemies went about to hinder it: for which cause sing to God the songs of triumphant victory, with the said psalme, and with the 96. and 129. psalmes.

74 If there be any captiuity wherein thy house is laide wast, and yet builded againe, sing the 96. psalme.

75 If the land be vext with enemies, & after come to any rest by the power of God, if thou wilt sing therfore, sing the 97. psal.

76 If thou considereſt the prouidence of God in his gouernance so ouer all, and wilt instruct any with true faith and obedience when thou hast first perswaded them to confesse themselues, sing the 100. 147. psalmes.

77 If thou doest acknowledge in God his iudiciall power, & that in iudgement he mixeth mercy, if thou wilt draw nigh vnto him, thou hast the words of the Psalme 101. to the end.

78 If for the imbicillity of thy nature thou art weary with the continuall miseries and griefes of this life, and wouldst comfort thy selfe, sing the 102. psalme.

79 If thou wilt giue thanks to God. as it is most conuenient and due, for all his gifts; when thou wilt so do, thou hast how to reioyce thy soule thereunto with the 103. and 104. psalmes.

80 If thou wilt praise God, and also know how and for what cause and with what words thou mayst best doe it, consider the 113. 117, 133. 146. 147. 148. 149. 150. psalmes.

81 If thou hast faith to such things as God speaketh, and beleeuest that which in prayer thou vttereſt, say the psalme 116. to the end.

82 If thou feelest thy selfe to rise vpward in degrees of well working,

working as though thou ſaidſt with S. Paul, I forget thoſe things which be behinde me, and ſet mine eies on things which be before me, thou haſt the 130. pſalme.

83 If thou beeſt holden in thraldome vnder ſtraying & wandring thoughts, & feeleſt thy ſelfe drawen by them, wherof thou art ſory, then ſtay thy ſelfe from henceforth, and tary where thou haſt found thy ſelfe in fault, ſet thee down, and mourne thou alſo as the Hebrew people did, and ſay with them the 137. Pſalme.

84 If thou perceiueſt that temptations be ſent to prooue thee, thou oughteſt after ſuch tentations to giue God the thanks, and ſing the 139. pſalme.

85 If yet thou be in bondage by thine enemies, and wouldeſt faine be deliuered, ſay the 140. pſalme.

86 If thou wouldſt pray and make ſupplication, ſay the 141. 142. 143. pſalmes.

87 If any tyrannous enemy riſe vp againſt the people, feare thou not, no more then Dauid did Goliah, but beleeue like Dauid, and ſing the 144. pſalme.

88 If thou art elect out of low degree, ſpecially before other, to ſome vocation to ſerue thy brethren, aduance not thy ſelfe too high againſt them in thine own power, but giue God the glory, who did chuſe thee, and ſing thou the 119. pſalme.

89 If thou wilt ſing of obedience, praiſing God with *Alleluia*, thou haſt the 105. 106. 107. 111. 112. 113. 114. 115. 117. 135. 136. 146. 147. 148. 149. 150. pſalmes.

90 If thou wilt ſing ſpecially of our Sauior Chriſt, thou haſt of him in euery pſalme, but moſt chiefly in the 25. 45. 100. pſalms.

91 Such pſalmes as ſhew his lawfull generation of his father, and his corporall preſence, be the 11. 69. pſalmes.

92 Such as doe prophecy before of his moſt holy Croſſe and paſſion, telling how many deceitfull aſſaults he ſuſtained for vs, and how much he ſuffered, be the 2. 129. pſalmes.

93 Such as expreſſe the malicious enemies of the Iewes, and the betraying of Iudas, are the 21. 50. 55. 69. 72, 109. pſalms.

94 Such as deſcribe his agony in his paſſion, death and ſepulture, be the 22. 88. pſalmes.

95 For his dominion & preſenee in the fleſh, read the 116. pſ.

96 Such as ſhew the glorious reſurrection of his body, be the 24. 97. pſalmes.

97 Such as ſet out his aſcenſion into heauen, are the 93. 96. 98 99. Pſalmes.

98 And that he ſitteth on the right hand of his Father, the 110. pſalme maketh manifeſt.

99 Such as ſhew that he hath authority of his father to iudge, expreſſing his iudiciall power, both in condemning the diuill, & all wicked Nations, are the 50. 72, 82. pſalmes.

FINIS.



Come Holy Ghost eternall God,
proceeding from aboue, both from
the Father and the Sonne, the God of peace and
loue: Visit our minds and into vs thy heauenly
grace inspire, that in all truth and godlinesse we
may haue true desire.

Thou art the very Comforter
in all woe and distresse,
The heauenly gift of God most high,
which no tongue can expresse:
The fountaine and the liuely spring
of ioy celestiall,
The fire so bright, the loue so cleere,
and vnction spirituall.

Thou in thy gifts art manifold,
whereby Christs Church doth stand,
In faithfull harts writing thy law,
the finger of Gods hand.
According to thy promise made
thou giuest speech of grace,
That through thy help the praise of God
may stand in euery place.

prayseth ought to vse, thou hast the. 113. 117. 146. 133. 147. 148. 149. 150. Psalmes.

If thou hast fayth, as the Lord hath saide and beleuest in those thinges which thou speakest, when thou prayest, say the. 96. Psalme.

If thou be captiuated with strange cogitations & hast perceyued thy selfe to be led out of the way, and art lazy therfore, cease not from hence forth and staying there where thou perceiuedst thy selfe to sinne, sit and mourne also, as the people did, saying the. 117. Psalme.

If thou suppose temptations to be for thy triall, geue thankes after the temptation vnto god saying the. 129. Psalme.

If thou art agayne caught of thine enemye, & wouldest be deliuered, say the. 104. Psalme.

If thou wilt make thy prayers, say the. 5. psal. and the. 141. 142. 143. 144. Psalmes.

If any enemy and tirant be risen vp agaynst the people, feare thou no more then Dauid did Goliath, but with Dauid beleue, & sing the 144. ps

If thou call to remembraunce the goodnes of God towarde thee and al men, & wouldst prayse God, say the. 85. Psalme.

If thou wilt sing vnto the Lord, thou hast to say in the. 96. and in the. 98. Psalme.

If thou being but a mean man paradventure art set before thy brethren in some thinge, puffe not vp thy selfe in pride against them, but geue y prayse to god, & sing the. 52. or the. 150. psalm.

If thou wilt sing obedience, thou hast the. 105 & the. 106. 145. 147. 148. 149. 150. Psalm. 107. 111. 112. 113. 114. 115. 116. 117. 118. 119. 134. psalm.

If thou wilt sing particularly of the sauior thou hast of him in euery psal, but specially in the. 25. and the. 110. psalme.

Such Psalmes as shew his lawfull genera-

tion of the father, and his presence, is the 11 pl.

Such as preach of the diuine crosse and how much lying in wait he receiued for vs, and how great things he suffered, are the 1. & the 119. pl.

Such as signify the lyings in wayte of the Iewes and their malice, and Iudas Iscariotes betrayings, are the 11. and the 50. 62. 71. psalm.

Such as declare his kingdome and power to iudge, and his presence in the flesh is the 16. pl.

For declaration of his glorious resurrectiō in the flesh, read the 14. and the 47. Psalmes.

For his ascension into heauen, the 93. Psalme 98. and the 98. the 99. Psalmes.

Which if thou read, thou mayst espy what benefites the Lord bestowed vpon vs by his passion.

To him be glory for euer.

The vse of the rest of the Psalms not comprehended in the former Table of Athanasius.

IF thou wouldst praise god because he hath geuen vs a good Prince, which will and doth punish the enmies of christs religion, vse the 21. Psalme.

If thou be persecuted without a cause, if thou wouldest haue no affinitie with vice, nor with the vicious, vse the 26 psalme.

If thou wouldest not be wicked, if not accepted a malefactour: but wouldest haue them punished, and thy self & such other godly men defended from their tyranny, vse the 28. psalme.

If thou see the nobility, the counsel, the magistrates and princes not geuen to religion, nor to the praysing of God, vse the 29. Psalme.

If thou desirest to be iuste and vertuous, vse the.51. Psalme.

If thou bee afflicted with any sickenes, and wouldest fayne liue & see good dayes, & Christs glory to be encreased, vse the.39. Psalme.

If thou be banished for religiō and art almost in dispayre of returning to thy country, vse the 43 Psalme.

If thou perceiue thy selfe forsaken of god and therfore persecuted for religion and vertues sake vse the 44. Psalme.

If thou wouldest complain of Doeg, of a wicked man, & wouldest haue him to be rooted out, and thy selfe to haue prosperity, vse the.52. psal.

If thou wouldest be deliuered from thine enemies whiche persecute thee vnto death, vse the 54. Psalme.

If thou wouldest haue the help of god against suche as persecute thee without a cause, vse the 59. Psalme.

If thou wouldest prepare thy selfe to fight agaynste the Idumeans, or such like enemies of Christ. vse the.60. Psalme.

If thou wouldst haue Christ to come cōquere and beat down the Syrians: Idumeans. Amonites, Papistes, Antichristians, Nullifidians, Neutralles, & vngratious Pelagians, vse the 68. psalme.

If thou be perswaded, that Christ will come and punish offendors, and the true worshippers and pour out the dregs of wine & the vengeance of his cuppe on the vngodly, vse the.75. psalme.

If thou neither wouldest haue Idolatry, neither any licentious lusts rayn in Christs common weith, thou must giue god thanks, if thou be perswaded, he both wil and can take them away vsing the.81. psalme.

If thou wouldest gladly know Christs church

and howe that Sion signifieth it, and howe that the true religion shalbe delated & spred throughe the whole worlde, vse the.87 Psalme.

If thou goest to fight against the Idumeans or any of Christs enemies, whether they offend in manners, or in doctrine, and wouldest desire god to geue ther the victory, vse the.108 Psalme.

If thou wouldest liue a godlye lyfe, and replenyshe thy mynde wyth godlye preceptes, & therby obteyn immortalitie and eternal felicitye: Study diligentlye the.119.Psalme.

If thou be thrust into a colledge, or in a parish, towne or countrey, whose inhabitauntes are wicked, craftye, and malicious picke quarels, and wouldst be deliuered from them, vse the.120 ps.

If thou wouldest haue the congregation of Christ to prosper, vse the.122.Psalme.

If thou wouldest be deliuered frō contēpt, infamy, and the derision of the wicked, vse.123.ps.

Whē thou art deliuered out of prison, captiuitie or any distresse in giuing thāks to god vse.124.

To vnderstād the safty that those are in, which are vnder ye tuitiō of the lord Iehoua, & howe that the wicked shalbe punished, consider the.125.ps.

If thou desirest to know the felicity that he hath which reuerēceth god, and liueth godly, the trāquility & peace of conscience which he enioyeth in this life, and the vnspeakable ioye in the life to come, meditate diligently the.128.Psalme.

To vnderstand howe the good and godlye are defēded by the ayd of the Lord, and the wicked perish, consider the.129.Psalme.

If thou wouldest not be arrogant and proud, vse the.131.Psalme.

If thou wouldest prayse vnitye and concorde among brethren, vse the.132.psalme.

To sing prayses to god for his mercies, vse.134

FINIS.

BR. MUS.

Bekantnisse des Christlichen Glaubens.

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Whē thou art deliuered out of prison, captiuitie or any distresse in giuing thāks to god vse.124.

To vnderstād the safty that those are in, which are vnder ye tuitiō of the lord Iehoua, & how that the wicked shalbe punished, consider the.125. ps.

If thou desirest to know the felicity that he hath which reuerēceth god, and liueth godly, the trā quilitye & peace of conscience which he enioyeth in this life. and the vnspeakable ioye in the life to come, meditate diligently the.128. Psalme.

To vnderstand howe the good and godlye are defēded by the ayd of the Lord, and the wicked perish, consider the.129. Psalme.

If thou wouldest not be arrogant and proud, vse the.131. Psalme.

If thou wouldest prayse vnitye and concorde among brethren, vse the.132. psalme.

To sing prayses to god for his mercies, vse.134

FINIS.

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